

# Baja Bean Dip

**Makes:** 12 Servings

Make fresh bean dip at home. Low-sodium canned tomatoes are ready to use in dips, a variety of soups, casseroles, stews, vegetable side dishes, rice dishes, and main dishes

## Ingredients

- 2 cans** low-sodium tomatoes, drained and chopped (about 15 ounces each)
- 1 can** low-sodium refried beans, no fat (about 15 ounces )
- 1 can** low-sodium corn, drained (about 15 ounces)
- 2 tablespoons** chili powder
- 2 cups** low-fat cheddar cheese, shredded

## Directions

1. Preheat oven to 350 degrees F.
2. In a skillet, combine 1 cup tomatoes, refried beans, ½ can of the corn, and chili powder. Cook over medium heat, stirring occasionally, until hot.
3. Spoon into 8x8-inch baking dish. Top with remaining corn and tomatoes and sprinkle with cheese.
4. Bake 5 to 10 minutes, or until cheese is melted. Serve warm with tortilla chips.

## Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>120</b>	
Total Fat	2 g	
Protein	9 g	
Carbohydrates	18 g	
Dietary Fiber	4 g	
Saturated Fat	1 g	
Sodium	420 mg	